

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

Your Guide to Eating Out With Diabetes

Healthy eating can be a challenge at a restaurant. These tips can make it easier.

Skip the Fried Foods

Say no to crispy chicken or french fries. Instead, go for grilled, steamed, roasted, or broiled foods.

Think Small

Restaurant portions are notoriously huge. You can:

- Cut portions in half by splitting a meal with a friend or putting half in a to-go box.
- Make a meal of an appetizer.

Be Smart About Soups and Salads

They're not always as healthy as they seem.

- Top salad with vinegar and olive oil.
- Choose tomato- or broth-based soups.

Watch What You Drink

Stay away from soda, juice, and specialty coffee drinks. Instead, sip on

unsweetened low- and no-calorie drinks, such as diet soda or sparkling water. And go easy on the alcohol.

Have Your Cake and Eat It Too

A once-in-a-while treat may not be off limits. Ask your doctor for guidance. Scan the menu for fruit, a scoop of sorbet, or a mini dessert served in a shot glass. Or order one dessert to share.



Ask the Diabetes Doctor

Q How can I make finger pricks less painful for my child?

A Deep breath. There's a lot you can do. As a parent, you want to protect your child from pain in every way possible. So knowing you'll have to regularly prick their fingers for blood sugar checks can feel particularly unfair. That's a big reason many parents choose a continuous glucose monitor for their child.

"With a continuous glucose monitor, you don't need many finger pricks, or lancets," says Kathleen Bethin, M.D. She's a pediatric endocrinologist and spokesperson for the American



Academy of Pediatrics. "But always have the lancets on hand, just in case you're feeling like your (child's) sugars are low but the monitor says they're not. It's a good idea to double-check."

Here's how to make those pricks as pain-free as you possibly can:

- Always prick the side of the finger, not the pad or the fingertip.

- Use a different finger each time.

- Ask your physician about trying another lancet brand.

- Keep your child's hands warm to make it easier (and less painful) to draw blood.

And remember, it's all over in a couple of seconds — which is a big relief for both of you.

We're Here for You

Your Case Manager can connect you to the resources you need. Just call **1-833-609-0735**.



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's registered dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

7 Ways to Break a Salt Habit

Healthy eating is all about balance, especially when it comes to sodium (aka salt). It keeps your fluid levels just right and helps transmit electrical signals throughout your nervous system. But too much can make you retain water, raise blood pressure, contribute to heart disease and stroke, and damage your kidneys or liver.

Here are my seven favorite strategies for eating less salt. Try a couple of them each week. Done consistently, they can have a big impact. After a few weeks, you won't miss the shaker!

1 Eat more fresh fruits and veggies. They're naturally low in sodium

and loaded with nutrients. Choose frozen veggies with no added sauce.

2 Say no to processed foods like ramen noodles, macaroni-and-cheese kits, and packaged frozen dinners.

3 Buy fresh meats and avoid processed ones like bacon, lunch meats, and hot dogs — they're super high in sodium.

4 Cook creatively. Instead of using salt, try a squeeze of lemon or lime juice or a splash of vinegar. Experiment with new spices and herbs.

5 Choose lower-sodium condiments. They may have up to 96% less sodium than regular varieties. Read food labels to find low-sodium options.

6 Be smart when you eat out. Restaurant portions can be huge — and high in sodium. So cut your salt and calories in half by sharing a plate with a friend or taking half your dinner home. Ask your server how dishes have been prepared and see if the chef can cook your meal with less salt. If your entrée comes with sauce, request it on the side, then use it sparingly.

7 Snack wisely. Try to just say no to chips and pretzels. Instead, reach



for dried fruit or lower-sodium cheeses. Longing for something crunchy? Try fresh fruit or veggies, like a carrot or an apple. You'll be glad you did.

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